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Welcome to the Northfield Area Parent Communication Network's monthly e-newsletter! You are a member of a network of unbelievable parents that do make a difference and help create a healthier and safer community for all our youth.

Tech-savvy Parents Can Curb Risky Behavior

Research shows that almost 90 percent of 12- to 17-year-olds use the Internet; half of them use it daily. In addition, about 19 million teens instant message, and 60 percent of teens have their own cell phone. Parents need to become aware that this technology can expose their teen to a barrage of pro-drug information and imagery. Today's parents need to be tech-savvy and aware of these risks so that they can better connect to their teen.

Visit the "Teens & Technology" section on TheAntiDrug.com for more tips and to better understand the connection between teens, technology, and drugs:

<http://www.theantidrug.com/E-Monitoring/index.asp>

Take TheAntiDrug.com online quiz to test your tech-savviness.

<http://www.theantidrug.com/E-Monitoring/quiz.asp>

Learn the electronic lingo teens use.

<http://www.theantidrug.com/E-Monitoring/internet-lingo.asp>

What does the asterisk mean in the PCN Directory?

The asterisk next to a name in the PCN Directory means that those parents have taken an active role and made a commitment to stay connected with other parents. As a parent, it helps you to know who to go to when you have questions about youth issues.

Stay connected as parents. It is okay to make a phone call! Even if you don't recognize the name, we all have something in common because we all have children who have daily interaction at school, in activities or in the community.

Most of us have wondered about things like; "Will there be parents at the party?" or "Will there be an activity bus to the Metrodome?" or "Are you the only one who never has homework?"

So, make the call. Kids need to know that we talk. When parents stay connected everyone benefits.

Ready to join PCN? Visit www.northfieldhci.org and apply on-line.

Facts About Our Youth

- 54% of Northfield 12th graders stated they have used alcohol in the past 30 days (compared to 46% state average and 34% in Faribault).
- 22% of Northfield 12th graders stated they have used marijuana in the past 30 days (compared to 19.6% state average and 12% in Faribault).
- 62% of Northfield 8th graders say their peers think drinking alcohol is wrong. By 11th grade, only 14.4% say their peers disapprove of alcohol use.

Results from the 2004 Minnesota Student Survey